

## Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

## Saturday

# May 2019

**EMMITSBURG SENIOR CENTER**  
**300 SOUTH SETON AVE.**

**Lunch served Tue.-Fri. @ 11:30 \*\*301-600-6350**

**1**  
**Exercise. @9:30**  
**Hoop Shoot@ 10**  
**Pickle Ball@1pm**  
**Game night soup**  
**& salad \$3.00**  
**4-8pm**  
May Day

**2**  
**Strength Training**  
**@10**  
**Wii**  
**Cards, games &**  
**puzzles**  
**Nutrition @11**

**Exercise @9:30**  
**Hoop Shoot @10**  
**\*\*Groceries for**  
**Senior's 1pm**  
**@FSC**  
**Tai Chi @ 1pm**

**(FSC ) Frederick  
Senior Center  
1440 Taney Ave.  
Frederick, Md.**

**5**  
**RED ASTERISK**  
**(pre-register)**

Cinco de Mayo

**6**  
**Exercise @ 9:30**  
**Puzzles & Games**  
**Art class 1:30-**  
**3:30pm**

## Ramadan

**7**  
**Strength Training**  
**@10**  
**In the News**  
**Discussion**  
**Card's, games &**  
**puzzles**

**8**  
**Exercise @ 9:30**  
**Hoop Shoot@ 10**  
**Pickle Ball@1pm**  
**Wii**  
**Games & puzzles**

**9**  
**Strength Training**  
**@10**  
**Wii**  
**Cards, games &**  
**puzzles**

9	10
Exercise @ 9:30	
Hoop Shoot @10	
Craft Class @ 10	
Tai Chi @ 1pm	
Mother's Day Tea	
1-3pm \$10.00**	

**Trip: Friday June 14<sup>th</sup> Pontoon Boat Tour \$30.00 person bring a lunch reserve by May 24<sup>th</sup>. \*\***



Mother's Day

**13**  
**Exercise @ 9:30**  
**Puzzles & Games**  
**Art class 1:30-**  
**3:30pm**

14  
**Strength Training**  
**@10**  
**MAP/Medical**  
**Marijuana with**  
**Jason Mecler**  
**@11**

**15**  
**Exercise @ 9:30**  
**Hoop Shoot@ 10**  
**Pickle Ball@1pm**  
**Wii**  
**Games & puzzles**

**16**  
**Strength Training**  
**@10**  
**Wii**  
**Cards, games &**  
**puzzles**

6	17
g	<p><i>Exercise @ 9:30</i></p> <p><i>Hoop Shoot @10</i></p> <p><i>Canasta @ 12pm</i></p> <p><i>Tai Chi @ 1pm</i></p>

Armed Forces Day

**19**  
**Craft**  
***Making patriotic***  
***door themed***  
***decoration May***  
***10<sup>th</sup> @ 10***

Victoria Day (Canada)

**20**  
**Exercise @ 9:30**  
**Puzzles & Games**  
**Art class 1:30-**  
**3:30pm**

**21**  
**Strength Training**  
**@ 10**  
**Nurse Steve**  
**BP'S & Living**  
**Independently**

**22**  
**Exercise @ 9:30**  
**Hoop Shoot@ 10**  
**Pickle Ball@1pm**  
**Wii**  
**Games & puzzles**

**23**  
**Strength Training**  
**@10**  
**Wii**  
**Cards, games &**  
**puzzles**

3	24
<p><i>Exercise @ 9:30</i>  <i>Hoop Shoot @10</i>  <i>Canasta @ 12pm</i>  <i>Tai Chi @ 1pm</i></p>	

4	25
	<p><b>Trip: Friday June 21<sup>st</sup> Glenstone Contemporary Museum \$25.00 person reserve by June 7<sup>th</sup> **</b></p>

**CLOSED**

## Memorial Day

**28**  
**Strength Training**  
**@10**  
**Games & puzzles**  
**Memory Café' w**  
**St. Joseph's\*\***

**29**  
**Exercise @ 9:30**  
**Hoop Shoot@ 10**  
**Pickle Ball@1pm**  
**Wii**  
**Games & puzzles**

**30**  
**Strength Training**  
**@10**  
**Wii**  
**Cards, games &**  
**puzzles**

**31**  
**Exercise @ 9:30**  
**Hoop Shoot @10**  
**Canasta @ 12pm**  
**Tai Chi @ 1pm**



**LUMBEL@Frederickcountymd.gov 301-600-6350**

